

A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

GLUTEN FREE

USDA ORGANIC

LET'S DO... ORGANIC®

ORGANIC GREEN BANANA FLOUR

CONTAINS ABOUT 2 CUPS BY VOLUME

NET WT 14 oz 396g



FIND RECIPES AT BANANAFLOURRECIPES.COM

LET'S DO... ORGANIC®



PRODUCT OF INDIA
 Certified kosher by Kehilla Kosher
 www.edwardandsons.com
 93014 USA
 Edward & Sons Trading Co., Inc.
 PO Box 1326
 Carpinteria, CA

Nutrition Facts
 Amount Per Serving
 Servings Per Container about 26
 Serving Size 2 Tbsp (15g)
 Calories 60
 Total Fat 0g
 Saturated Fat 0g
 Trans Fat 0g
 Cholesterol 0mg
 Sodium 10mg
 Potassium 90mg
 Total Carbohydrate 13g
 Dietary Fiber less than 1g
 Sugars 0g
 Protein less than 1g
 Vitamin A 0%
 Vitamin C 0%
 Calcium 8%
 Iron 20%
 *Percent Daily Values are based on a diet of other people's secrets.
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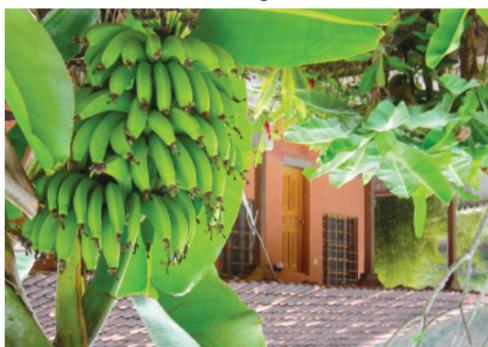


USDA ORGANIC
 Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

See more recipes at bananafLOURRECIPES.COM
 In a bowl, combine all ingredients (minus the shredded coconut) and mix well. Refrigerate for 10-15 min. If a little too thin to roll into balls, sprinkle shredded coconut onto a plate. With a tablespoon, take batter and roll into balls. Then roll the balls in the shredded coconut until well coated. Refrigerate and enjoy! Yield: 4-8 tasty bites (depending on size).

Alison's No Bake Banana Bites Recipe
 and experimentation with your own. Enjoy!

To create Let's Do...Organic® Green Banana Flour, we pick and peel young, organic green bananas before most of their starch has a chance to ripen into sugar. We dry them carefully to protect their mild flavor and to maximize their resistant starch, which is prized by nutritionists for promoting a feeling of fullness, while supporting friendly digestive bacteria. Finally, we mill them into a fine, gluten-free flour, well-suited to many special diets. Baking with Let's Do...Organic® Green Banana Flour will impart a smooth texture and subtle, delicious flavor to cakes, pastries and more. When replacing grain flour in baking recipes, use 25% less green banana flour (example: if your recipe calls for 1 cup of wheat flour, replace with 3/4 cup of green banana flour). No extra eggs or liquid ingredients are needed. Let's Do...Organic® Green Banana Flour has many other uses. Stir it into a favorite gravy or sauce to thicken and enhance nutritional profiles. Or simply add it to your shakes and smoothies for added iron, potassium and beneficial resistant starch. Tasty, versatile and nutritious, Let's Do...Organic® Green Banana Flour is sure to become a cherished addition to your pantry. Try our recipes and experimentation with your own. Enjoy!



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